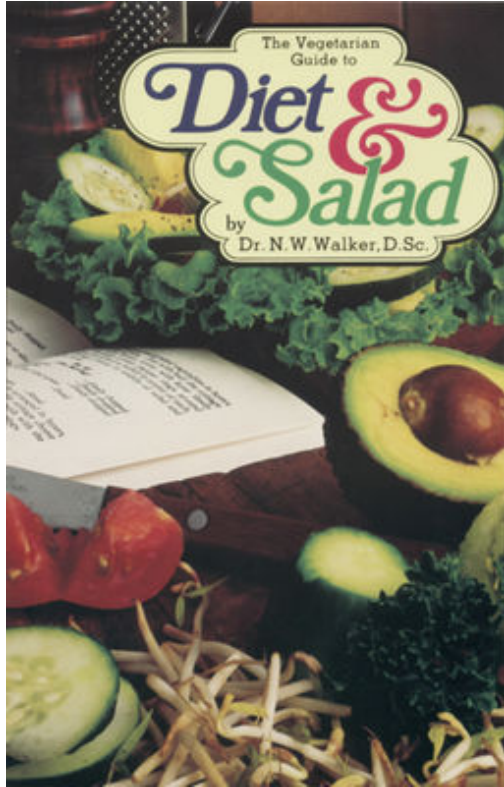


# Télécharger Livres Gratuit Veg Guide to Diet & Salad (PDF | ePub | Mobi) Norman Walker download-free



Dr. Walker provides a wealth of information on the importance of proper nutrition and enzymes in relation to our health. This book is both a cookbook and a nutritional guide that belongs in every kitchen. Dr. Walker explains the chemical elements in foods (proteins, amino acids, carbohydrates, etc.) and also explains which food groups provide the best sources of nutrients for our bodies. This book includes over seventy salad combinations along with a mini-encyclopedia of the most common fruits and vegetables.

<b>Title</b>	:	Veg Guide to Diet & Salad
<b>Author</b>	:	Norman Walker
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<b>File Size</b>	:	2.77MB

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